

### Dates for Coffee + Chat Mornings in Sainsbury's Café

10.30 - 12.00 noon



Once again we are continuing with the Coffee & Chat's this year as they seem popular and it is a good chance to meet other members, discuss issues and new products in an informal and relaxed setting.

So please come along for a chat and meet other group members at either Irvine Sainsbury's store or Prestwick Sainsbury's store.

<u>Prestwick</u> - Saturdays	30th May 28th November	25th July	26th September
<u>Irvine</u> - Sundays	26th April 25th October	28th June	30th August

### Important Newsletter Update Reminder

As we reported in the last few issues of the newsletter costs for printing and posting have risen drastically in the last few years and as a result of this if you still wish to receive a copy of the newsletter by post please send 4 self addressed C5 envelopes and stamped (to the value of 2nd class post, currently 53p) envelopes to:-

Mrs Wilma Brown, 4 Firth Road, Barassie, Troon, KA10 6TF. Your help and cooperation in this matter is appreciated.

The Committee

### Awareness Week 2015

Awareness week 2015 will be 11th—17th May. The group is planning to hold an event during this week— further details will follow once a venue has been confirmed.

### Annual Christmas/New Year Lunch



The group's annual Christmas / New Year lunch was held on the 10th January at De Vinci's in Kilmarnock. The lunch was a three course menu - all gluten free – with a wide selection of options and some great desserts. Twenty nine members, friends and family enjoyed the lunch. A pleasant afternoon, despite the horrible weather outside.

### Coeliac UK Update

After six years working as the Campaigns and Volunteers' Manager for Scotland, Angela decided to leave the Charity and we wish her the very best in her future endeavours.

The new person in Scotland working for Coeliac UK is Myles Fitt who is keen to work for the charity as his 6 year old daughter was diagnosed with Coeliac Disease at the age of 1. Myles is keen to meet the Local Groups to properly introduce himself and to get to know us. He'll be at the AGM to inform us about the charity's new major campaign on diagnosis which will be launched in May during Awareness Week and which will run over the next two years. Like Angela was, Myles is the only member of staff in Scotland.

### NHS Gluten Free Prescription Service

Users of the new pharmacy run gluten free prescription service are being encouraged to complete the NHS questionnaire. If you wish to take part in the questionnaire the link is [http://www.sehd.scot.nhs.uk/pca/PCA2015\(P\)05.pdf](http://www.sehd.scot.nhs.uk/pca/PCA2015(P)05.pdf)

### Mobile Phone App

Coeliac UK have launched a mobile phone app, *Gluten-free on the Move*, aims to help manage every element of a gluten-free diet, whether it's shopping for food or finding somewhere to eat out.

The app includes access to the Food and Drink Directory and can scan items while shopping to see if it's suitable for a gluten-free diet and listed in the Directory, search through the additions and deletions in real time, use the *Gluten-free Checklist* to help search through a product's ingredients list and more.

The *Venue Guide* will use the location services on your mobile phone so you can search for venues where you are. You can see which venues are accredited so you know where you can eat.

There is also a wealth of other information on the app including a *Label Guide*, *Eating Out* tips and news from Coeliac UK.

Coeliac UK are looking for feedback so if you want to air your views email [mobile.support@coeliac.org.uk](mailto:mobile.support@coeliac.org.uk).

The app for iOS devices is now available in the App Store and for Android devices in the Google Play Store.

### Date for the Diary

Our AGM will be held on Saturday 25th April in St Ninian's Church Hall, Troon, at 12.30pm. After the AGM Myles Fitt, the new Campaigns and Volunteers' Manager for Scotland, will introduce himself and Coeliac UK's plans for Awareness Week. This will be followed by afternoon tea provided by Small Talk in Irvine. There will be small donation charge of £2 per person to help towards the cost of this afternoon tea.

Anyone wishing to join the committee please let us know — contact details below. As always volunteers very welcome.

Please e-mail us at [ayrshire@coeliac.org.uk](mailto:ayrshire@coeliac.org.uk) or contact Wilma on 01292 315558.

Ayrshire and Arran Voluntary Support Group

Annual General Meeting Agenda 2015

- . Welcome & Introduction
- . Review of last year's Group activities
- . Review & accept minutes from last year's AGM
- . Review & accept last year's Group accounts
- . Nomination of new committee members
- . AOB

Directions to AGM at St Ninian's, Troon

From the north - once in Troon

- Turn right at Barassie Road End and go along Beach Road + North Shore Road
- Turn left into Barassie Street (flats on corner / car park on left / before mini-roundabout)
- Go straight through traffic lights
- Turn second right into St Meddan's Street
- First left into Bentinck Drive
- Straight along
- Turn right just before Welbeck House (sits on corner)
- Turn first left into lane behind houses
- Entrance to church car park is along on the left

Directions from Ayr:-

- Coming through Prestwick - turn left into Troon --- B 749
- Follow road (Lochgreen on left) then round sharp left bend takes you on to Craigend Road
- Take second on right (just past Piersland) into Bentinck Drive and St Ninian's is on left (Archway to church - hall round the back)
- Parking either on road or take first left after church at Welbeck House then first left again into lane and car park on left

Ayrshire and Arran Voluntary Support Group

Minutes of the Annual General Meeting held on Tuesday 13th May 2014 at New  
Trinity Church Hall, Saltcoats

Present

All members attending the meeting signed the attendance sheets.

Apologies

Robert Mc Ewan, Carol & Roy Strange, Jim, Mary Knox, Margaret Millard.

Welcome and Introduction

Wilma Brown welcomed everyone to the Annual General Meeting and thanked everyone for attending. After the official business there was a cooking demonstration by Carol Evans from Glutafin.

Summary of the year

Wilma Brown gave a summary of the group's activities undertaken over the last year. This was another busy year with the monthly Coffee and Chat mornings still proving popular attended by both regulars, some who come when they can and others who come along just after diagnosis. Most people find it beneficial to be able to talk to others who have lived with the disease and can give helpful tips and answer queries and worries.

Wilma pointed out that 2014 was the 5th anniversary of the reforming of this group. In September the group held their second mini food fair in Troon that was well attended by both suppliers and visitors. For Awareness Week the group had a meal at Pizza Hut where everyone enjoyed gluten free pizza. Wilma reported that the chip shop that supplied the fish and chips enjoyed by all attending last year's AGM had now closed. The post Christmas lunch was held in Adesso in Irvine which many members enjoyed.

### Minutes of the Annual General Meeting 2014 (continued)

Wilma drew attention to the new prescription service that will be run by the pharmacy rather than through a GP for gluten free foods on prescription. A form is available from the pharmacist and they will provide the gluten free food.

Attendees were reminded that the group are always looking for suggestions of places to eat, products to recommend, ideas for meetings and event - all suggestions welcome.

For Awareness Week - Coeliac UK would be running a campaign with supermarkets to ensure they always have supplies of the essential GF products in stock. To help with this during Awareness Week members were asked to complete the survey postcards on their next shopping trip.

For future events the group is planning an outing to Ayr India in the autumn.

Wilma gave a few updates for eating out - seeded wraps now available at Costa, Pizza Express now offer GF pizza, Tesco now offering 4 choices of gf sandwiches.

Wilma thanked committee members for their work over the last year - Joanne for her financial activities and Catherine for secretarial and newsletter editor roles.

Wilma also thanked the 2 retiring members, Ann Boyd and Bruce Wilson for their help. Catherine Logan thanked Wilma for all her hard work throughout the year with new members' liaison, sending out newsletters and general communications.

### Approval of Last Year's Minutes

The minutes of the 2014 Annual General Meeting were proposed by May Hand, seconded by Helen Duffy.



**Minutes of the Annual General Meeting 2014 (continued)**

**Treasurer's Report and Approval of Last Year's Accounts**

Joanne Samson distributed a summary of the financial position to all those attending the meeting. The accounts started with a balance of £849.82. The income over the last 12 months was from the mini food fair with some also from raffles and donations. The biggest outgoings were for the hire of halls for the food fair and the AGM. Balance at the end of the financial year was £1,454.26.

**Election of Office Bearers**

As there were no other volunteers the following people were willing to stand for re-election as office bearers.

Catherine Logan - Secretary

Joanne Samson - Treasurer

Wilma Brown - New Members' Liaison

These nominations were proposed by Janette Hudson and seconded by Janet Hamilton.

Jess McEwan, Helen Duffy and Janet Hamilton agreed to remain on the committee as ordinary members. These nominations were proposed by Moira Sutter and seconded by Wilma Brown.

Alex Shaw agreed to join the committee as a new member - proposed by Wilma Brown seconded by Catherine Logan.

Wilma Brown thanked everyone for attending and introduced Carol Evans for the cooking demonstration.

The meeting closed at 7.30pm

Catherine Logan

Group Secretary

13/5/2014



**Ayrshire & Arran Voluntary Support Group**  
**Financial Report May 2013 - May 2014**

**Ayrshire & Arran Voluntary Support Group**  
**Financial Report 2013 - 2014**

Opening Bank Balance	849.82
Income	1,178.47
<u>Expenses</u>	
Hall Hire	267.52
Printing & Stationery	87.41
Telephone	3.23
Catering	9.87
2013 AGM	80.00
Red Cross	120.00
Postage	6.00
	<hr/>
	574.03
Closing Bank Balance	<hr/> <b>1,454.26</b>

**Another date for the Diary**

The Glasgow Support group are having a food fair on the 12th September 2015 venue to be confirmed.